MISS SOPHIA KITTLESEN.

HEALTH VERY POOR---RESTORED BY PE-RU-NA.

Catarrh Twenty-five Years ---Had a Bad Cough.

Miss Sophia Kittlesen, Evanston, Illinois, U. S. A., writes:

"I have been troubled with catarrh for nearly twenty-five years and have tried many cures for it, but obtained very little help.

"Then my brother advised me to try Peruna, and I did.

"My health was very poor at the time I began taking Peruna. My throat was very sore and I had a bad cough.

"Peruna has cured me. The chronic catarrh is gone and my health is very much improved.

"I recommend Peruna to all my friends who are troubled as I was."

PERUNA TABLETS:—Some people prefer tablets, rather than medicine in a fluid form. Such people can obtain Peruna tablets, which represent the medicinal ingredients of Peruna. Each tablet equals one average dose of Peruna.

Man-a-lin the Ideal Laxative.

MANUFACTURED BY PERUNA DRUG MANUFACTURING COMPANY, COLUMBUS, O

How we enjoy meeting a man who enjoys paying his debts!

A straight man goes lame when he strays into crooked paths.

Some people can't stand prosperity because it refuses to stand for them.

When an inspiration strikes a man it's a sign that he needs the money.

Cupid doesn't pay any attention whatever to a flag of truce.

Capudine Cures Indigestion Pains, Belching, Sour Stomach, and Heartburn, from whatever cause. It's Liquid. Effects immediately. Doctors prescribe it. 10c., 25c. and 50c., at drug stores.

WISE WORDS.

Well earned, fully enjoyed.

People who borrow trouble pay usury.

A well trained conscience heeds no accuser.

Those who marry for money usually earn it.

Opportunity often knocks, but too often with a hammer.

A lot of men lose character trying to live up to reputation.

Some men ask, "Is it safe?" The best men ask, "Is it right?"

Fools fatten on flattery, but wise men only accept it as dessert.

It reconciles one to growing old when one sees serene old age.

A cracked mirror is responsible for a whole lot of self deception.

You are growing old when you begin to worry about the wrinkles.

It is easier to tell people how good they should be than it is to show them.

Refraining from evil is a negative virtue; doing good is a positive virtue.

It is a sad commentary on the housewife when the husband prefers baker's bread.

The middle aged man who tries to be "one of the boys" is young only in his foolishness.

It beats all what a big lonesome a little house can hold when the babies are all away.

A lot of men who are waiting for ships to come in have failed to weigh their anchors.

Some mothers think so much of a clean house that they overlook the idea of a comfortable home.

In our anxiety to accomplish big things we overlook a lot of little things that aggregate greatness.

How easy it is for a handsome woman to make a man think she is interested in what he is saying.—From "Brain Links," in The Commoner.

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine

Syrup of Figs and Elixir of Senna manufactured by the CALIFORNIA FIG SYRUP CO. ONLY

SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per bottle

If afflicted with weak eyes, use Thompson's Eye Water

His Idea.

The Son—I'm sorry you were defeated, dad. I'd bet $1,000 on your re-election.

The Father—I don't know whether to commend your filial devotion or criticise your lack of judgment.

There Are Others.

The Maid—Oh, I thought Puyters' historical novel was fine.

The Professor—But his history is all wrong and distorted.

The Maid—I skipped the historical part.

GARDEN, FARM and CROPS

SUGGESTIONS FOR THE UP-TO-DATE AGRICULTURIST

Study the Cow.

A cow with one or two teats that do not give milk is undesirable as a general rule, but frequently a cow with one useless quarter does about as well as when all four quarters are giving milk. It is worth while, then, to take pains to learn whether a cow with only three useful quarters is a good producer.—Progressive Farmer.

Advantages of Fall Colts.

Fall dropped colts are more convenient on the average farm than those born in the spring. Some of the horses on nearly every farm are idle all winter anyway, and the mares might better be nursing colts and giving them a good start than to be eating their heads off and giving nothing in return, says the Horse News. When the spring comes and the mare is needed for farm work the colt can be weaned and the mare can do her work without annoyance from the colt. One has to be careful of a mare in hot weather while a colt is sucking her, because overheating her often gives a colt the scours. By having the colt come in the fall the mare suckles him while she is doing no work, and she can give him a much better start than when he is born in the spring.

Making Sorgum Sirup.

My experience with sorghum has been that to make one hundred gallons of molasses from one acre of cane it would have to be extra good cane. About 60 to 90 gallons of good thick, heavy molasses is all that I can get out of an acre of cane. As for feed I don't think the pomace is any good; it makes a better fertilizer when it is rotted than anything else. Big stalks of corn are pithy and don't make the juice that smaller ones do. A stalk the size of a broom handle will make more molasses than stalks that are larger. The kind of ground has lots to do with the flavor of the molasses; fresh manured land or hog lots will make salty molasses. Sandy land, or new fresh land, makes the best molasses. I have been in the business over 40 years, and I find it pays to take the blades off; it makes better molasses and more of it.—William E. Evinger, in the Indiana Farmer.

What Gives Value to Pedigree.

In breeding purebreds you should know the pedigree at least three generations; further is better. We must remember that like begets like or the likeness of one of its ancestors. In planting peas we do not expect beans, but peas just like those planted, the same variety. The law for animals is the same—each plant, each tree, each animal brings forth fruit after its kind. Heredity transmits with certainty only those characteristics which have become fixed in the breed; for instance, in the Berkshire hog, we have the black color and white points. The value of a pedigree is not so much its length as the individual merits of the immediate ancestors who compose it, a few immediate generations containing ancestors of rare merit is better than 20 generations with ancestors of only moderate qualities. Of course, the longer the pedigree, all things considered, the better-tracing to remote good ancestors, is good, but it is by no means as good as having immediate parents and grand parents of rare good qualities.—Progressive Farmer.

Handling a Balky Horse.

A balky horse that lies down when you want him to pull is about the most exasperating animal in creation.

What would you do in a case of that kind? Whipping does no good. Try all the tricks of the jockey and some horses refuse to move. Would you be cruel to a beast that has a bad trick simply because some senseless driver has overloaded or abused the poor animal? No, friends, don't be mean because the animal is.

Sometimes a balky horse is started by diverting his attention a moment by picking up a foot or adjusting the collar—anything that makes him forget that he has a grudge against you.

Sometimes the load is too heavy or stuck in a chuck hole. Rest the team a moment, fuss around the balky horse a bit, swing the team to right or left quickly, and have some one give a lift at the wheel. Don't teach a good horse to balk just at that critical moment by whipping him when he is doing all he can.

If he refuses to go then—well, the David Harum method never fails. Tie the horse right there and wait till he is ready to go. Wait all night, next day, too, if necessary. Try him now and then—if the load is not actually stuck so no horse can start it—and so long as he refuses to start again tie him and let him stay alone. Take the other horse to the barn, of course.

If where no one will interfere—out in the field or timber—then you don't need to stay and watch. But if some human perron is liable to come along and upset your cure, then you had better stay around where you can explain the situation. One good lesson usually cures a most persistent balker.—American Cultivator.

Grinding Corn for Hogs.

For the past nine years the Wisconsin Experiment station has been conducting tests to determine whether grinding corn for hogs is desirable. In the test previous to 1903-4 middlings were fed with the corn. That corn was fed alone, but the results were so unsatisfactory as regards thrift, appetite, gains and feed consumed per pound of gain that it was not considered desirable to omit the middlings in subsequent years.

The results have varied a little from year to year, but considering the average of all the tests 117 hogs fed dry shelled corn and wheat middlings made an average gain of 96.8 pounds each, while an equal number fed corn meal and wheat middlings gained 110.9 pounds each, the feed required per pound of gain in the two cases being 5.19 pounds and 4.88 pounds. In other words, for each pound of gain the hogs fed on shelled corn required 0.3 pound more grain than those fed the corn meal. The saving from grinding, therefore, has amounted to .07 percent. Whether it will pay to grind corn in order to effect a saving will necessarily depend upon two factors, namely, the price of corn and the cost of grinding. When these factors are known the possible saving from grinding can be learned.

When corn is worth only 25 cents per bushel the saving from grinding amounts to only 1.4 cents, not enough to pay for the grinding unless cheap power is available. As corn advances in price it will be noticed that the saving per bushel increases practically three-tenths of a cent with each 5 cents' advance in the price of corn. Should the price of corn be as high as 75 cents per bushel the saving by grinding would amount to a little over 4 cents per bushel.— Farmer's Home Journal.

Farm Notes.

Did you ever try that good plan of letting young chickens run in the garden to catch bugs? It's all right.

Regular hours for doing poultry work get it done better and seemingly with less effort. It also keeps the birds better contented, and contentment makes them do well.

Within wide limits, the rule to keep chickens hungry is a good one; but do not overdo a good thing. They must have enough feed to build up their bodies or make eggs, whichever their end may be.

Almost any fine, light, dry material dusted on fowls will kill lice and mites. Let old and young have ample opportunity to take all the dust baths they will. The dust bath is one of the natural remedies that the poultryman will do well to make use of to the fullest extent.

Grease of any kind on small chicks may do harm when too much is used; but the following mixture will suit those who use grease: 3 parts lard, 1 part sulphur, 1 part kerosene oil. Mix well and apply to the feathers of the lower part of the old hen, so the chicks will get a very little on them when they run under her. If the use cannot be kept down to a very small quantity, use none. Do not use this muxture on a sitting hen as the grease would be harmful to the eggs.

When chicks are suffering from indigestion they may run to their keeper as if almost starved, even while their craws are stuffed. A change of feed in such cases may be worth more than more feed.—From "The Poultry Yard," in the Progressive Farmer.

MILK SUPPLYING.

An Automatic System Being Tried in England.

Many efforts have been made toward rendering it practicable to supply milk direct from the cow to the consumer without intermediate handling, to insure freedom from contamination, and yet at the same time conform with hygienic requirements. An effort to secure this end is being made in England, whereby the customer secures his quantity of milk from the retail dairy without it being ladled from the supply churn or pan. A novel automatic supply machine is used, which can be fixed in any convenient position. On the outside of the machine there is merely a curved spout, under which the jug or pitcher is placed, a lever handle which is pulled over at right angles, and a slot for the insertion of the coin, which in this particular instance is one penny (two cents), and which insures the delivery of half a pint of the liquid.

The machine itself comprises a circular tank with a capacity of twenty quarts. From this the milk falls into a receptacle, the discharge orifice of which is closed by a valve controlled by the handle lever outside. The handle is actuated by the automatic mechanism set in motion by the insertion of the coin.

It will thus be seen that the machine is of very simple construction and operation, being designed to withstand rough usage such as it would naturally be subject to in poor districts. The customers pay no more for their milk than if bought over the counter, and as the reservoir is completely enclosed there is no risk of contamination from the air or other causes, even if it be left standing for a long period.

The machine can easily and quickly be taken apart for sterilization, so that it conforms with all hygienic requirements.

In order to distribute the cream uniformly throughout the reservoir, an automatic stirrer is provided; otherwise the cream would collect on the surface of the milk, and the liquid withdrawn from the lower part of the reservoir would be of poor quality. At the same time the automatic stirrer is so designed and operated that there is no risk of converting the milk into butter. A refrigerator is attached in summer.

As the reservoir contains sufficient milk for eighty coins at one charge, it does not need close attention. In England the apparatus is becoming extensively adopted at dairies situated among the poorer classes of the community, who buy in small quantities.—Scientific American.

Black Forest Customs.

The peasant farms of the Black Forest are handed down from father to son in a direct line, often dating back 400 years.

There is no division as in France; all falls to the heir, only here it is not to the eldest, but the youngest son who inherits. It is rare that a Bur (peasant) dies as reigning head. When he gets on in years he abdicates, in order to end his days in the Leibgedingehaus (dower house), which stands beside each Hof (steading).

That he does so in favor of his youngest son is very sensible; were it the elder he would have no peace, for as soon as he married he would try to induce his parents to retire just at an age when power is sweetest and best exercised. For this reason the practical farmers of bygone generations decided to hand over the succession to the youngest, since when Benjamin is a full grown man father Jacob is old and glad to rest.

This law of inheritance goes by the name of Vortel. Should the heir of his own free will desire to resign in favor of his elder brother, the latter must buy the property from him. In such cases the younger may be termed a kind of Esau.—The Antiquary.

The cultivation of bananas was begun in Dutch Guiana two years ago, with the assistance of the Dutch government, and has been a success.

FOR THE EPIGURE

STEWED CHICKEN WITH RICE.

Carefully clean and wash a large, fat chicken; season it both inside and outside with pepper and salt and put it into a stew kettle with half a pound of rice, picked and washed.

Add one quart of water; place it over a slow fire and let it stew gradually for two hours; keep the kettle covered. After boiling some time should the rice be too dry a little more water may be added, though not more than sufficient to keep it moist.

When done, place the chicken on a dish, with the rice around it and garnish with sprigs of parsley. Serve with a white sauce.—New York Press.

TOMATO RABBIT.

Melt one tablespoonful of butter in a saucepan; add half a pound of cheese, grated or cut fine, one-eighth of a tablespoonful of soda, and one-fourth a tablespoonful each of salt and paprika and stir until the cheese is melted. The cooking may be done directly over the fire, but it is safer to set the dish over hot water. The blazer of a chafing dish is a good utensil for this purpose, as it presents considerable surface to the heat. When the cheese is melted stir into it the yolks of two eggs, beaten and mixed with half a cup of tomato puree. Serve on the untoasted side of the bread toasted upon but one side.—Cultivator.

MY FAVORITE RECIPE.

Ice-cream cake: The whites of eight eggs, two cups of sugar, two cups of sifted flour, one cup of corn starch, one cup of butter, one cup of milk, two teaspoonfuls of baking powder; flavor with lemon extract; bake in layers.

Preparation to put between the cakes: The whites of four eggs, four cups of sugar, pour half a pint of boiling water over the sugar, boil until it will thread from the point of a spoon, pour the boiling hot sugar over the eggs, stirring until a stiff cream; flavor with vanilla, spread the icing between and over the cake.

A dainty chocolate walnut cake may be made by adding to the icing when it is ready to put on the cake—one cup and a half of black walnut meats chopped, and chocolate to suit the taste.—Mrs. John Barrs, in Home and Farm.

A FUDGE RECIPE.

Melt a level teaspoonful of butter in a porcelain lined saucepan; add a coffee-cupful of granulated sugar, one-third of a cupful of sweet milk and a pinch of salt. Bring to a boiling point, stirring constantly; cook about eight minutes from the time it begins to boil. Test in the usual manner until a spoonful dropped in ice water will form a soft ball. Add desired flavoring when the mixture is taken from the stove. Beat at least ten minutes after it is done, by which time it should form a creamy mass and should be poured into a large square pan, well greased. When almost cold, cut in squares; the squares may be dipped in chocolate if liked. Ground nuts added to this mixture before it cools makes a delicious candy, and a half cupful of chopped dates or figs also makes a nice confection.—The Commoner.

SHARP SAUCE FOR MEATS.

Chop fine one onion and a small quantity of mixed pickles, put these into a saucepan with half a gill of vinegar, a teaspoonful of mustard, a small bit of butter, a large tablespoonful of bread crumbs, pepper and salt to season. Boil all together for six minutes and add a gill of water and allow the sauce to boil again for ten minutes longer. This sauce will impart a flavor to the coarsest meats or fish when boiled or fried and also for cold meats made into hash or stew. In the latter case the quantity of crumbs and water must be doubled.

Never use any sauce or condiment so strong as to disguise and spoil the natural flavor of the meat. A condiment or sauce is used simply as a relish to give an added flavor to the food, not to disguise the taste. If the sauce or relish is very fiery use it very sparingly else the stomach will be irritated.—E. E. W., in The Epitomist.

EGGS A LA CONCORDE.

Three eggs, one gill of milk, one gill of cream, seasoning of salt and pepper, some chopped parsley, chopped mushroom, and chopped cooked tongue, ham or chicken.

Mix the chopped chicken, parsley and mushroom together, butter thoroughly eight or nine small darlole molds and line them with the chicken, etc. Beat up the eggs, add to them the milk and cream, also seasonings, three parts fill the molds, stand them in a pan of boiling water, allowing the water to come within half an inch of the top, simmer very gently fifteen minutes, or until they are set. Turn out on a hot dish, and pour round the base a sauce as follows:

Beat up one egg, add one gill of milk, one teaspoonful of chopped parsley, a little pepper and salt, put into a custard pan or a pitcher, stand in a pan of boiling water, and stir until it thickens slightly; pour into the dish and serve.—Boston Cooking School Magazine.

Centre of Needle Industry.

In the English town of Redditch about 3000 men and women earn comfortable wages as needlemakers. They work about fifty hours a week in model factories. Redditch's yearly output of needles is in excess of 2,000,000,000.

Punishment For Luxemburg Tramps.

The Luxemburg Government is treating incorrigible vagabonds to bread and water for the first four days of their imprisonment, and to the lowest scale of ordinary diet twice a week afterward. The prisons are said to be emptying fast.

One Good Point Noted.

There is one good point about this new scheme of talking to the dead. You have to call them up first. They do not come around at your busiest hour and insist on unloading a tale of woe into your ear.—Chicago News.

Daily Thought.

Thought is food for the spirit as much as bread is food for the body. —Prentice Mulford.

Tomfoolery

GENERAL HUMIDITY.

Little drops of H_2O
On a person's brow
May be noticed, as you know,
Frequently just now.

THROWN TOGETHER.

"Do you ever meet Dr. Rybold?"

"Often. He and I—er—are thrown together a good deal. We travel on the same suburban line."—Chicago Tribune.

AIRSHIPS NEXT.

"He has a remarkable aptitude for modern languages."

"Indeed!"

"Yes; he learned to talk automobile and golf both in one season."—Nashville American.

THE PROOF.

"What'd Jimmy give yer fer yer birthday?"

"This here brass ring."

"How'd yer know it ain't nothin but brass?"

"He give it ter me."—Cleveland Leader.

THE GRAVE PROFESOR.

First Co-Ed — "Ever notice how grave Professor McGoozle always is?"

Second Co-Ed—"Yes, but there's nothing strange about that. He does all his thinking in the dead languages."—Chicago Tribune.

SURE TESTIMONY.

First Magazine Editor—"I believe my youngster is cut out for an editor."

Second Editor—"Why so?"

First Editor—"Everything he gets his hands on he runs and throws into the waste basket."—Lippincott's.

JUST IN TIME.

Policeman—"I just called to say that your dog license had expired."

Mrs. Sniff—"So has the dog. He died this morning."—New York Mail.

EXPECTED.

"I hear that this corporation intends to increase its rates to the public."

"It was to be expected, now that its president has to pay dividends on two titled European sons-in-law."—Judge.

THE POLITICIANS' WAY.

"Remember," said the prudent man, "that the words once spoken can never be recalled."

"No," answered Senator Sorghum; "but you can always make a fuss and say you were misquoted."—Washington Star.

MUST HAVE WED NOBLEMEN.

"I hear that Jones' four daughters are married."

"Is that so? I suppose he's glad he's got them off his hands."

"Not exactly. He now has to keep the four husbands on their feet."—Brooklyn Life.

FARMING SUCCESS.

"Does anybody around here make a success of farming?"

"Yes," answered Farmer Corntassel, "Ol' Joe Struthers does. He sold his farm and is putting the money out at interest among us fellers."—Washington Star.

ECONOMY.

Lord Lewson—"Why, Pat, there used to be two windmills there."

Pat—"Thrue for you, sir."

Lord Lewson—"Why is there but one now?"

Pat—"Bedad, they took one down to lave more wind for t'other."—London Tit-Bits.

STATESMANSHIP.

Statesmen were discussing the Constitution.

"You don't even know who wrote it," sneered one.

"And I don't care," responded the other. "My mission is to inform people what the author, whoever he was, meant by it."—Philadelphia Ledger.

SPOILED THE GAME.

Mrs. Popley—"Little George won't take milk at all now. He used to like it, but—"

Mr. Popley (crossly)—"No, and that is all on account of your impudence."

Mrs. Popley—"My impudence?"

Mr. Popley—"Yes, you allowed him to hear you say that it was good for him."—Philadelphia Press.

Gas Engine in Gunboat.

The British gunboat Rattler is now being used for experiments with a gas engine. It is an old steamship which has been loaned to the naval reserve service. The old machinery has been replaced by a Captaine gas engine having five cylinders 20x24 inches, taking gas from a producer of the suction type. The engine is rated at 500 horse power, and the total weight of the machinery is ninety-four tons, as compared with 150 tons for the steam engine and boilers. Besides the saving in weight and space of machinery, there is a large saving in labor, and the coal consumption is said to be reduced fifty per cent. This is said to be the first British seagoing vessel to be driven by gas power.

England's Ocean Graveyard.

The dangerous rocks of the Lizard, on the coast of Cornwall, one of the oldest landmarks of the marine world, are the scene of many terrible disasters. It was here that the Spanish Armada was wrecked when the Spaniards tried to invade England.

Beauty is a blossom.—French

Some New Microbes.

The list of microbes continues to grow steadily. That of whoopingcough must now be added to the list. Dr. H. Albrecht, of the Wilhelm Hospital, recently spoke on the subject before the Vienna Medical Society, declaring that he had discovered the specific agent that caused the complaint. There had for sometime been a suspicion that a kind of bacillus was at the bottom, but Dr. Albrecht felt himself able to assert that whoopingcough bacillus was identical with that of influenza.—Washington Herald.

Catarrh Cannot Be Cured

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surface. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Props., Toledo, O.

Sold by druggists, price, 75c.

Take Hall's Family Pills for constipation.

The rapid water erosion of parts of Cape Colony is attributed chiefly to burning of vegetation and the starting of paths by cattle and wagons. Once started, erosion is very rapid, and the Ongers or Brak River, which did not exist 60 years ago, now averages 300 feet in width and 15 feet in depth.

NO SKIN WAS LEFT ON BODY.

Baby was Expected to Die with Eczema—Blood Oozed Out All Over Her Body—Now Well—Doctor Said to Use Cuticura.

"Six months after birth my little girl broke out with eczema and I had two doctors in attendance. There was not a particle of skin left on her body, the blood oozed out just anywhere, and we had to wrap her in silk and carry her on a pillow for ten weeks. She was the most terrible sight I ever saw, and for six months I looked for her to die. I used every known remedy to alleviate her suffering, for it was terrible to witness. Dr. C—— gave her up. Dr. B—— recommended the Cuticura Remedies. She will soon be three years old and has never had a sign of the dread trouble since. We used about eight cakes of Cuticura Soap and three boxes of Cuticura Ointment. James J. Smith, Dumid, Va., Oct. 14 and 22, 1906."

Guarding Bank Of France.

Like the Bank of England, the Bank of France is now guarded every night by soldiers. But within quite recent time the officials at the French bank resorted to a very novel method of protecting their bullion.

This consisted in engaging masons to wall up the doors of the vaults in the cellar with hydraulic mortar as soon as the money was deposited each day in these receptacles. The water was then turned on and kept running until the whole cellar was flooded. A burglar would be obliged to work in a diving suit and break down a cement wall before he could even begin to plunder the vaults.

When the bank official arrrived next morning the water was drawn off, the masonry torn down and the vaults opened.—Strand Magazine.

A Red-Eyed Chicken.

Mr. George Ladenburger has a sure-enough curiosity in the possession of a red-eyed chicken.

It is not the eyelids that are red, as might be inferred, but the eyes themselves. The eyeballs are not bloodshot or inflamed, but are of brilliant crystal red, while the sights are also red, but of a darker hue. So transparent are the eyes that when the head of the chicken is held between your vision and the sun, it appears as if the sun were shining through from one eye to the other and the head lighted up inside. The chick is healthy and lively, and can see as perfectly as any in the brood. —Dover (Ky.) News.

Dignity Of Authorship.

One of the abler modern writers made this confession the other day: "I am so devoted to my wife that I allow her to break in upon me whenever she pleases. Naturally, she cuts into my line of thought and often destroys the continuity of genius. The only way for me to do a good days' work is to quarrel with her, to make her so angry that she will cry, fuss, break a few dishes, smash a kitten, scald a puppy of two, then go to her room and stay there. By the time I have done a day's work she is in excellent humor and tired of being alone. Then we make up." —N. Y. Press.

In These Days.

Hugson—I saw your sister at a wedding some time ago.

Wagson—Indeed, but I don't remember her having mentioned that she saw you.

Hugson—Probably not. I was only the groom.

Passed Her Along.

Mrs. Jeysod—I hated that maid, but I gave her a good recommendation.

Mrs. Heysod—Why?

Mrs. Jeysod—Because that odious Mrs. Hanson engaged her.

Judged From It.

Mrs. Wise (reading magazine)—A royal coronation must cost an awful lot of money.

Mr. Wise—I should say so. Why, a dentist charged me $12 just for crowning a tooth last month.

DR. TALKS OF FOOD

Pres. of Board of Health.

"What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that in my judgment a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork I suffered several years with malnutrition, palpitation of the heart and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use the disagreeable symptoms disappeared, my heart's action became steady and normal, the functions of the stomach were properly carried out, and I again slept as soundly and as well as in my youth.

"I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

Diet For Sleeplessness.

Dr. William Stevens says that insomnia is not a disease itself, but the effect of an unhealthy condition of body or mind. When the cause is removed the insomnia may be expected to disappear.

Every physician has had stubborn cases of it which would not yield to any treatment and for which a change of air or of scene became necessary. But such cases as these should not occur, and do occur only when the sufferer has neglected precautions that should have been taken when the trouble first made itself manifest.

Insomnia results from causes which can be removed if attended to in season. The most common cause is found in the digestive organs. Either unsuitable food, causing insomnia as a feature of indigestion, or insufficient food, causing the patient to be kept awake by hunger.

There are few things which can be universally recommended as diet for sleeplessness, since what will agree with one man will disagree with another. But two things that may almost always be recommended are lettuce and celery.

Roumanian Sayings.

Poverty has laid and now is brooding; God helping, she will increase.

He who devised soldiery may the wilderness eat his flesh and poverty his own children; the crows may eat up his bones upon all the fields.

Justice is as princes make it.

Woman's mind is weaker, except for mischiefmaking; there she beats the devil.

A little dirt brings luck to a man's house.

If you have money about you when you see the new moon, you'll have it all the month.

Trade is a golden bracelet.

There is no bitterer fruit than foreigners in the land.

A tipsy man believes himself the emperor.

The Parting Blow.

"I can't give you a character," exclaimed Lady Fair.

"Of course I realize, mum, that you ain't got none to spare."

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. $2 trial bottle and treatise free. Dr. H. R. Kline, Ld., 931 Arch St., Phila., Pa.

It is reported that there is a strong likelihood of the management of the Japanese railways being taken over in the near future by a syndicate of leading European financiers, who have also offered their assistance to the government in the reorganization of the national finances.

To Drive Out Malaria and Build Up the System

Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking. The formula is plainly printed on every bottle, showing it is simply Quinine and Iron in a tasteless form, and the most effectual form. For grown people and children, 50c.

She is, indeed, a homely woman who can't make up to look pretty in a photograph.

Ladies Can Wear Shoes

One size smaller after using Allen's Foot-Ease, a powder. It makes tight or new shoes easy. Cures swollen, hot, sweating, aching feet, ingrowing nails, corns and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Trial package FREE by mail. Address Allen S. Olmsted, LeRoy, N. Y.

The odds are all against the woman who marries for the purpose of getting even.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle

The Mistake.

"Say, there's a mistake in this bill you sent me the other day."

"What's wrong with it? Is it too big?"

"No, but"—

"Any mistake in the figures?"

"No; it's not that. It's"—

"Don't you think that bill has been running long enough?"

"I reckon so, but"—

"Then what are kicking about?"

"That's what I'm trying to tell you. There's a mistake in the name. You sent it to the wrong man, confound you! I don't owe you a cent, and never did!"

"Oh!"—Chicago Tribune.

EPILEPSY ITS TRIAL FREE

If you suffer from Fits, Falling Sickness or Spasms, or have children that do so, my New Discovery and Treatment will give them immediate relief, and all you are asked to do is to send for a Free Bottle of Dr. May's EPILEPTICIDE CURE. Complies with Food and Drugs Act of Congress June 30th 1906. Complete directions, also testimonials of CURES, etc., FREE by mail. Express Prepaid. Give AGE and full address. W. H. MAY, M. D., 548 Pearl Street, New York.

Saved From Being a Cripple For Life.

"Almost six or seven weeks ago I became paralyzed all at once with rheumatism," writes Mrs. Louis McKey, 913 Seventh street, Oakland, Cal. "It struck me in the back and extended from the hip of my right leg down to my foot. The attack was so severe that I could not move in bed and was afraid that I should be a cripple for life.

"About twelve years ago I received a sample bottle of your Liniment, but never had occasion to use it, as I have always been well, but something told me that Sloan's Liniment would help me, so I tried it. After the second application I could get up out of bed, and in three days could walk, and now feel well and entirely free from pain.

"My friends were very much surprised at my rapid recovery and I was only too glad to tell them that Sloan's Liniment was the only medicine I used."

The Truth.

"Why did Rogers go broke?"

"'Cause his auto wouldn't."

—Metropolitan Magazine.

Hicks' Capudine Cures Nervousness, Whether tired out, worried, overworked, or what not. It refreshes the brain and nerves. It's Liquid and pleasant to take. 10c., 25c., and 50c., at drug stores.

New York City gets a portion of its milk supply from as far as 400 miles distant, and the product of 86,000 farms is drawn on to meet its daily wants.

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Mrs. S. A. Williams, of Gardiner, Maine, writes:

"I was a great sufferer from female troubles, and Lydia E. Pinkham's Vegetable Compound restored me to health in three months, after my physician declared that an operation was absolutely necessary."

Mrs. Alvina Sperling, of 154 Cleybourne Ave., Chicago, Ill., writes:

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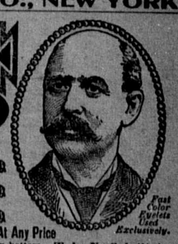

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